

5 Day Guide - Seen, Sought & Strengthened

For the woman who feels neglected, lonely, or emotionally starved in her marriage

DAY 1: God Sees Me – When I Feel Unseen

Main Scripture: Genesis 16:1–13

Journal Prompts:

- Where in my marriage do I feel unseen or unpursued?
- What am I believing about myself when I am not desired or touched?
- How does it change things to know God sees me, knows me, and values me, even when my husband doesn't?

Practice:

- Light a candle and spend 10 minutes sitting in calm silence, whispering “You see me, Lord.”

DAY 2: God Desires My Wholeness, Not My Performance

Main Scripture: Psalm 139:1–14 & Proverbs 31:25

Journal Prompts:

- Have I been attaching my worth to how desired I am?
- What parts of my body, heart, or femininity do I feel ashamed of?
- What does it mean to be a whole woman, not just a sexual object, but a deeply loved daughter?

Activity:

Write a letter to yourself from God's voice, affirming your beauty, strength, softness, and value. Read it aloud every morning this week.

DAY 3: God Hears Me – When I Cry Out

Main Scripture: 1 Samuel 1:9–20

Journal Prompts:

- What prayers have I been afraid to speak about my marriage or sex life?
- What would it feel like to pour out my grief without holding back?

Practice:

- Create a “Prayer of Honest Grief.” Let it include anger, hope, sorrow, and longing. End it with: “Yet I will trust You.”

DAY 4: God Strengthens Me to Stand Gracefully

Main Scripture: Proverbs 4:23, 2 Timothy 1:7, & Ephesians 6:10–18

Journal Prompts:

- What boundaries do I need to establish (internally or relationally) to guard my heart without going numb?
- Where is God asking me to step into courage, rather than control?

Activity:

- Write down a “Declaration of Identity.” Include:
 - Who you are (in Christ)
 - What you will no longer believe (e.g. “I am not desirable,” “I must settle for silence.”)
 - What you are praying to reclaim.

DAY 5: God Rebuilds What is Broken

Main Scripture: Isaiah 61:1–4 and Joel 2:25

Journal Prompts:

- What parts of me or my marriage feel like ruins?
- Where have I seen even small signs of hope, healing, or beauty in broken places?
- What do I long for God to rebuild?

Activity:

Make a small “Hope Jar.” Write short prayers or promises on slips of paper (e.g., “God restores,” “My value is not tied to rejection”). Pull one out when you feel hopeless.

BONUS: Each week, set aside a time to:

- Take a long bath, a long walk, or sit in nature
- Wear something soft or beautiful, just for you
- Ask: “What part of me needs to feel cherished today?” **This is about honoring the woman God made, without apology.**